

# Contents

---

## **OBJECTIVE 1: RAISING AWARENESS OF SCREEN USE** **Page**

- Lesson 1: Awareness of Screen Use Yesterday ..... 1
- Lesson 2: Awareness of Screen Time All Week ..... 16
- Lesson 3: Screens Displace Fun Activities ..... 32
- Lesson 4: Preparing For The Challenge ..... 35

## **OBJECTIVE 2: SCREEN-FREE CHALLENGE**

- Lesson 5: Opening Ceremony ..... 41
- Lesson 6: Screen Free Ideas..... 62
- Lesson 7: Making Smart Choices ..... 67
- Lesson 8: Recognition Ceremony..... 71

## **OBJECTIVE 3: STAYING IN CONTROL**

- Lesson 9: Understanding the Screen Budget Challenge ..... 78
- Lesson 10: Planning Ahead for School Breaks ..... 93
- Lesson 11: Written Response to a Scary Statistic ..... 99
- Lesson 12: Rose and Too Much TV ..... 111

## **OBJECTIVE 4: HELPING OTHERS REDUCE SCREEN USE**

- Lesson 13: Students Will Make Informational Pamphlets ..... 149
- Lesson 14: Be Smart! Get the Message Out! ..... 154